



Friendship Heights

# VILLAGE NEWS

APRIL 2017

VOLUME 33, NO. 4

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

301-656-2797



Nats Game, page 5

## Discover the genius of Yves Saint Laurent

Yves Saint Laurent was just 21 when he took over as head designer at Dior. View a special exhibit of the French designer when we travel to the Virginia Museum of Fine Arts in Richmond on **Tuesday, May 16.**

In addition to the exhibit, we'll enjoy a two-course luncheon in the museum's Marble Hall. Our menu includes quiche lorraine and a side salad, and chocolate fudge pie for dessert. Coffee and tea will also be served.

You'll also have time to view other exhibits, including the famous

Fabergé eggs and more than 140 pieces by French jewelry designer Jean Schlumberger from the collection of Rachel Lambert Mellon.



We'll depart from the Village Center at 9 a.m. and should return by 8 p.m. Cost of the trip, which includes round-trip transportation, admission to the museum and exhibit, lunch, taxes and gratuities, is \$109.

Residents and one guest may sign up immediately; nonresidents may sign up beginning April 14. There are 29 spaces available.

## Clinton ghostwriter to discuss new book at Village Center

Barbara Feinman Todd's new book, "Pretend I'm Not Here," is an insider's account of Washington gossip, journalism and government at its highest levels. The author will speak at the Center on **Thursday, May 4, at 7:30 p.m.**

The subject of the book can be summed up in its subtitle, "How I Worked with Three Newspaper Icons, One Powerful First Lady, and Still Managed to Dig Myself Out of the Washington Swamp." Ms. Todd was a book researcher for Ben Bradlee, Carl Bernstein, and Bob Woodward, as well as a ghostwriter for then-First Lady Hillary Clinton ("It Takes a Village").

After years of telling other people's stories, Ms. Todd is now telling her own.

Ms. Todd is the founding Journalism Director at Georgetown University, where she teaches in the English department. Co-founder of the Pearl Project, she co-authored "The Truth Left Behind: Inside the Kidnapping and Murder of Daniel Pearl." Her work has appeared in The Washington Post, Glamour, Huffington Post, Daily Beast, Newsweek, and on NPR.

Copies of "Pretend I'm Not Here" will be for sale after the program. RSVP by calling 301-656-2797.

## Community Day is April 20 this year

Join your friends, family and neighbors as Friendship Heights celebrates Community Day at the Village Center on **Thursday, April 20, from 6:30 to 8 p.m.** During this year's celebration of the anniversary of the opening of the Village Center, we'll feast on delicious chicken and beef barbeque from Famous Dave's and listen to great music from the Mountain Fever Band. The event is free. For information, call the Village Center at 301-656-2797.

## A card and bouquet for Mom



Children ages 5–12 are invited to make a special Mother's Day card and bouquet for Mother's Day during a free workshop on **Saturday, April 29, from 10 to 11:30 a.m.** at the Friendship Heights Village Center.

Our curator Millie Shott will be on hand to help children create unique Mother's Day cards. We'll also have information about our children's art camp in June. Refreshments will be served during a short snack break.

The event is free, but registration is required. Sign up at the Village Center by April 26. For information, call the Center at 301-656-2797.

John Eaton in concert, page 4



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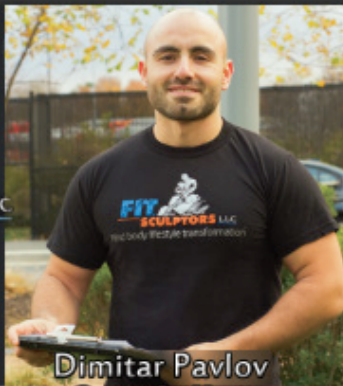
**pc.hlp@verizon.net**

**YES! We make house calls.**

The Village Book Club will meet on **Tuesday, April 18, at 11 a.m.** The book selection is "Lab Girl" by Hope Jahren. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."



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## Come see our "new" Reading Room!

Please drop by the Village Center Reading Room to see the expanded arrangement of books and the addition of a children's section. Thanks to the hard work of volunteer Tobi Esler, there are now separate sections for the large print books (donations welcome) and the guest speakers, an entire bookcase for the Village Book Club selections, and a basket in the lobby filled with magazines that are free for the taking. Gifts of new or very gently used books for preschool and elementary school age children are still needed and will be accepted at the Center's front desk. Each book will have a "Donated By \_\_\_\_\_" label in the front of it with your family's name. Just include a note with your donation letting us know how you want the name(s) to appear.



*Friendship Heights*

## VILLAGE NEWS

**www.friendshipheightsmd.gov**

**Email: info@friendshipheightsmd.gov**

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the May issue is April 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Staff Writer, Layout, Advertising

**Jennie Fogarty**  
Staff Writer

### FRIENDSHIP HEIGHTS VILLAGE COUNCIL

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**Julian P. Mansfield**

# Village Council Update

## Council approves budget for FY 2018

At its March 13 meeting, the Council unanimously approved the FY 2018 Village Budget (beginning July 1, 2017), **keeping the tax rate at 4¢ per \$100 of assessed property value for the twelfth consecutive year. This is the lowest rate allowed under our charter.** The budget is summarized below:



<b>TOTAL REVENUES</b>	<b>\$2,287,509</b>
<b>EXPENDITURES</b>	
General Government	1,278,752
Public Safety	104,400
Public Works	590,300
Health/Education/Social Services	12,000
Recreation and Parks	249,000
<b>TOTAL OPERATING EXPEND.</b>	<b>\$2,234,452</b>
Surplus/(Deficit)	\$53,057
<b>TOTAL EXPENDITURES</b>	<b>\$2,287,509</b>

## Page Park trees, water, benches

At the Council meeting, the Council also approved a proposal from the Village arborist to plant four new trees in the area where the birch trees were removed last year. The new trees include two red oaks, one willow oak, and a copper beech. These trees were recommended by the arborist because they are suited to the soil conditions in that part of the park.

We are also exploring the feasibility of bringing a water line into the park so that an irrigation system can be installed. Staff has been in contact with WSSC and will provide an update at the next Council meeting.

The Western Montgomery County Citizens Advisory Board has expressed interest in donating a bench in memory of former Village Council member Bob Schwarzbart, who served on the Advisory Board until he died last year. The bench will be placed in Page Park along the main walkway, and the Village will replace the other two benches on the west side of the park.

## Friendship Heights Metro escalators

Metro is beginning the replacement of the three long entrance escalators at the Friendship Heights station as part of a major capital project at the Western Avenue entrance of Friendship Heights station. The project also includes the replacement of the shorter escalators between the landing and the street. The estimated time to complete the replacement of the escalators is 2.5

years. For more information, go to our website and click on What's New to see a memo from Metro about the replacement project.

## Drug Take-Back Day on April 29

The Village Center will again be a host site for National Prescription Drug Take-Back Day on Saturday, April 29, from 10 a.m. to 2 p.m. A Montgomery County Police officer will be here to collect and safely dispose of your unwanted or expired prescription drugs. Look for the officer in the Center lobby. The prescription drug take-back program, sponsored by the Drug Enforcement Agency, addresses a vital public health issue.



## State passes income tax forgiveness bill

The Maryland legislature approved a bill forgiving local governments from having to repay misdirected income tax funds resulting from an error by the State Comptroller's office. The bill awaits the Governor's signature. Our repayment amount would have been \$56,922, starting in 2024. As our Treasurer Kathy Cooper mentioned in the Annual Report, the long-term effect to the Village would have been minimal. We still appreciate the actions taken by the legislature.

**FORM 502 MARYLAND RESIDENT INCOME TAX RETURN**

OR FISCAL YEAR BEGINNING 2017 ENDING

Print Using Blue or Black Ink Only

Social Security number		Spouse's Social Security number	
Your First Name		Last Name	
Spouse's First Name		Initial	Last Name
Present Address (Number and street)			
City or Town		State	ZIP code
Name of county and incorporated city, town or special taxing area in which you resided on the last day of the taxable period. (See Instruction 6)		Maryland County <b>Montg.</b>	City, Town, or Taxing Area <b>Friendship Hts</b>

**FILING STATUS** See Instruction 1 to determine if you are required to file

1. ☐ Single (If you can be claimed on another person's tax return, use Filing Status 2.)

2. ☐ Married filing joint return or spouse had no income

When you file your Maryland income tax return, please remember to put Friendship Heights under "City, Town or Taxing Area" to ensure the Village receives its share of the state income tax.

Other Council actions at the March 13 meeting:

- Selected judges for Village Council election: Roger Berliner, Chief Judge; Sue Byrnes; William Corey; and Ron Irion.

The next Council meeting will be Monday, April 17, at 7:30 p.m. in the Village Center. The meeting is open to the public.



## Caregivers Support Group

The best way to care for a loved one is to take good care of yourself. One way to do that is to talk with others who share your feelings and experiences. The monthly support group for people providing regular assistance for family members with serious illness or dementia will meet at the Village Center on **Tuesday, April 25, from 10 to 11:30 a.m.**

The meetings are led by Judith Bernstein of GPS Senior Care Partners, a clinical social worker and certified advanced social work case manager. Questions? Please email Judith at [judith.gpspartners@gmail.com](mailto:judith.gpspartners@gmail.com). The support group is a partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. Let us know if you plan to attend by calling 301-656-2797. Please note: the group is for caregivers only.



## Shred-it truck returns

The Shred-it truck will park on Friendship Blvd., next to the Village Center, on **Wednesday, April 19, from 5 to 7 p.m.** Residents are invited to bring paper materials for shredding. *This service is available for Village residents only.*



## Jazz, Blues and Broadway with legendary John Eaton

The only thing better than a concert featuring works of distinguished American composers performed by John Eaton is two concerts performed by John Eaton featuring them! Mr. Eaton will play selections from the Great American Songbook at the Village Center on **Monday, May 22, at 3 p.m., and Monday, June 19, at 3 p.m.**

There are simply too many composers and songs to fit into a single performance. Each one-hour concert will feature different composers including George Gershwin, Duke Ellington, Irving Berlin, Jerome Kern, Cole Porter, Hoagy Carmichael, and other greats.

Renowned piano player, vocalist, musicologist, and humorist, John Eaton is a Washington, D.C. pianist extraordinaire. Mr. Eaton has been performing professionally for more than 30 years from jazz clubs to a command performance in the East Room of the White House and a private concert for the Supreme Court justices. He is considered one of the foremost interpreters of American music. For many years he has also taught a very popular series of classes titled "American Songwriters" at the Smithsonian, Wolf Trap and the Village Center.

After the concert, stay for coffee and cookies—and there's sure to be a bowl of cherries. Please RSVP at 301-656-2797.

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## ON THE GO...



### Play ball!

What could be more American than baseball? Spend Flag Day at the ballpark and cheer on the Nationals when they play the Atlanta Braves on **Wednesday, June 14.**

We will leave the Village Center at 2:30 p.m. and return around 8 p.m. The cost of the trip, which includes a covered seat in Section 135 (field level), transportation and

driver gratuity, is \$65. Residents and one guest may sign up immediately; nonresidents may sign up April 15. The trip involves minimal walking and just four steps down to the seats. There are 24 spaces available.

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# PLAYING on the BIG SCREEN

*All movies begin at 7 p.m.*

**Thursday, April 6, 7 p.m. — Movie — *Fences***—Troy Maxon, a sanitation worker in 1950s Pittsburgh, once dreamed of becoming a professional baseball player. Bitter over his missed opportunity, he creates further tension when he squashes his son's chance to meet a college football recruiter. Stars Denzel Washington and Viola Davis. Rated PG-13. Running Time: 139 minutes.

**Thursday, April 13, 7p.m. — Movie —*Jackie***—Traumatized and reeling with grief over her husband's assassination, Jackie Kennedy must confront the unimaginable: consoling their two young children and planning her husband's funeral. Jackie quickly realizes that the next seven days will determine how history will define her husband's legacy. Rated R. Running Time: 100 minutes.

**Thursday, April 20, 6:30–8 p.m. —Community Day Celebration**— see page 1 for details.

**Thursday, April 27, 7 p.m. — Movie — *Lion***— Five-year-old Saroo gets lost on a train, which takes him thousands of miles across India, away from home and family. Saroo must learn to live alone, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with a handful of memories and Google Earth, he sets out to find his lost family and return to his first home. Stars Dev Patel and Nicole Kidman. Rated PG-13. Running Time: 120 minutes.

## Caroline O'Neil Jewelry Trunk Show

*Saturday, April 29*

*10:30 a.m. to 12:30 p.m.*

*Friendship Heights Village Center*

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# ART and CULTURE

## Chinese calligraphy and Sumi-e highlight this month's exhibit

Artist Nellie Chao will exhibit in the Friendship Gallery during the month of April. The title of the show is "Over the Rainbow."

Nellie Chao has exhibited nationally and internationally and has won numerous awards in Chinese calligraphy and brush painting, including PoMo, a contemporary technique of Chinese brush painting. She was born in Shanghai, China, and educated in Hong Kong, Singapore and the United States. She is a member of the Sumi-e Society of America, Inc., Potomac Valley Watercolorists and other



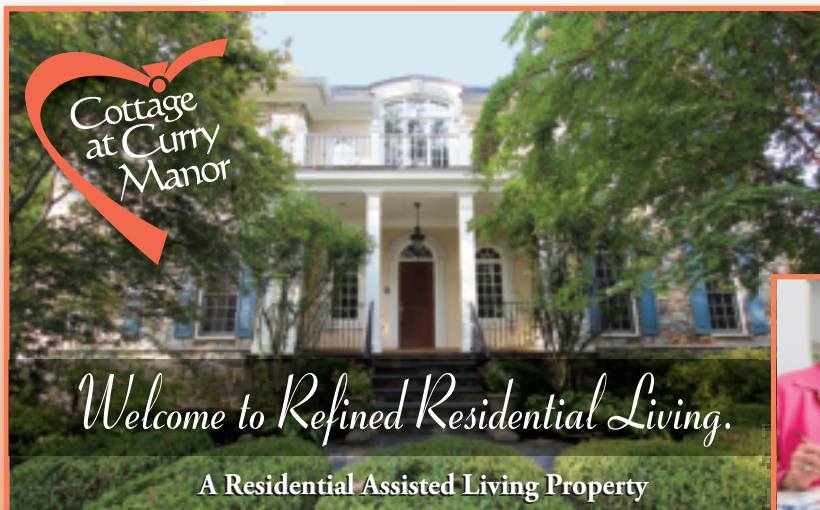
"Meeting Place" by Nellie Chao

local art groups, with artworks in private collections both nationally and abroad.

The show runs from April 3 to 29. The public is invited to meet the artist at a reception on **Sunday, April 9, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

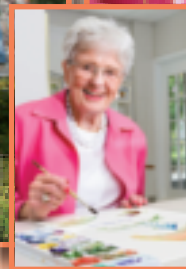
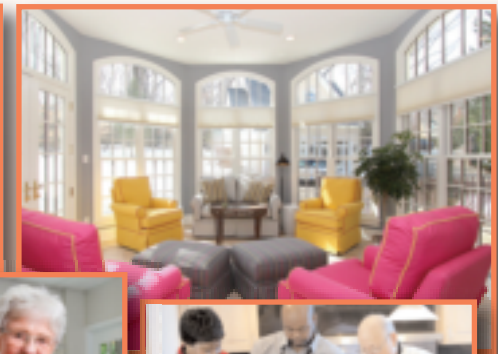
## Community art show in July

The theme of this year's July art show is "Pets on Parade." This multi-media exhibit is open to all artists in the area. Paintings, photographs or sculpture can feature any animal that might be a pet. Prizes will be awarded to the top winners. Applications will be available at the Village Center soon.



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# Friendship Heights Village Center



# Calendar of Events 2017

A P R I L						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Friendship Heights Neighbors Network (FHNN) — April 2017 EVENTS</b> <b>Wednesday, April 5, Noon–2 p.m.:</b> "The Lunch Bunch" (self-pay). Location TBD. RSVP by April 4 to Connie Row at constancerow@comcast.net. Indicate if you need transportation. <b>Wednesday, April 19, 6 to 7:30 p.m.:</b> The Elizabeth Party Room. Documentary: "Fix It." The effect of private insurance on business and the need to move to a Single Payer, Medicare for All program. Followed by Q&A led by Dr. David Rabin, Research Professor, Director, Community Health Care Studies, Georgetown University School of Medicine. For additional April activities, please go to the FHNN website at <a href="http://www.fhneighbors.org/">http://www.fhneighbors.org/</a> and click on the EVENTS section.						<b>1</b> 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
<b>2</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>3</b> 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	<b>4</b> 8:15 a.m.: Walking Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Pilates	<b>5</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group <b>7:30 p.m.: Concert: Kokopelli</b>	<b>6</b> 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health <b>10 a.m.: Depart for NMAAHC</b> 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Fences</b>	<b>7</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	<b>8</b> 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
<b>9</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	<b>10</b> 9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	<b>11</b> 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	<b>12</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group <b>1 p.m.: Suburban Lecture: What is a Hospitalist?</b> <b>5:30 p.m.: Community Advisory Committee Mtg.</b>	<b>13</b> 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m. Acrylic or Oil <b>7 p.m.: Movie: Jackie</b>	<b>14</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	<b>15</b> 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography

		7 p.m.: Pilates	<b>7:30 p.m.: Concert: Guity Adjoodani and Friends</b>		
<b>16</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>17</b> 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya <b>7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING open to the public</b>	<b>18</b> 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	<b>19</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 5–7 p.m.: Shred-it Truck <b>7:30 p.m.: Tales in the Village: Ellouise Schoettler on the ERA</b>	<b>20</b> 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health <b>6:30 p.m.–8 p.m.: Community Day Celebration</b>	<b>21</b> 9:15 a.m.: Drop-in Tai Chi <b>10 a.m.–3 p.m.: AARP Driver Safety</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting
<b>23</b> 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>24</b> 9:15 a.m.: Tai Chi <b>10 a.m.–2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya <b>7 p.m.: Café Muse</b>	<b>25</b> 8:15 a.m.: Walking Club <b>10 a.m.: Caregivers Support Group</b> 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	<b>26</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes <b>7:30 p.m.: Concert: Logan Circle in honor of Hilda Seibel</b>	<b>27</b> 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting <b>12:30 p.m.: Vision Support Lunch and Learn</b> 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Lion</b>	<b>28</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting
					<b>29</b> 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children <b>10–11:30 a.m.: Children's Mother's Day Card Workshop</b> <b>10 a.m.–Noon: Drug Take-Back Day</b> 10:30 a.m.: Basic Photography

**30**  
9:10 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

### Village Center Hours

Monday through Thursday	9 a.m. to 9 p.m.
Friday	9 a.m. to 5 p.m.
Saturday and Sunday	9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

### Shuttle bus hours



Monday through Friday	6:40 a.m. to 9:40 p.m.
Saturday and Sunday	8 a.m. to 7 p.m.

### AARP-sponsored programs

**The AARP Driver Safety Program** will be offered **Friday, April 21, from 10 a.m. to 3 p.m.,** at the Village Center and will be taught by Jerry Hulman. It costs \$15 for AARP members (please bring your membership card when you register and also to the class) and \$20 for nonmembers. Cash or checks made out to AARP only.

Each student must bring a valid driver's license and a ballpoint pen to class. Please register at the Village Center.

**AARP Foundation Tax-Aide** offers free, individualized tax preparation for low to moderate-income taxpayers, especially those 60 and older, at the Chevy Chase Library, 8005 Connecticut Ave. on Thursdays, from 10 a.m. to 4 p.m. Call 240-777-2577 to make an appointment. Please do not call the library.



# CLASSES AND CLUBS

**PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

## ART AND GAMES

### ABSTRACT PAINTING

A 10-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., April 21 – June 23. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$185 for residents; \$200 for nonresidents.

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter. Wednesdays, 1 to 3 p.m., April 19 – May 24. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Beginning with the eyes, the class is coached to develop their skills by looking into the soul of their model. This class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

### BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., April 22 – June 17, \$120. The class is open to new students and those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera

to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Class will not meet May 27.

### INTRODUCTION TO AMERICAN MAH JONGG

This 6-week class will introduce players to the basics of Mah Jongg. Fridays, 1 to 3 p.m., May 5 – June 9. Instructor Robin Dinerman will provide games and cards. Call Robin at 301-942-0546 with questions. \$93 for residents; \$98 for nonresidents (cost includes the materials). For beginners or anyone who wants a refresher. Minimum number of students is 6; maximum is 13.

## EXERCISE AND DANCE

### BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., May 9 – June 20. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70 for nonresidents. Questions? Email instructor Tonya Walton at [staraka4u@gmail.com](mailto:staraka4u@gmail.com). Class will not meet May 30.

### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., May 12 – June 23. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed physical therapist assistant who has been working on the aging body and its complexities for over 15 years. \$65 for residents; \$70 for nonresidents. Class will not meet May 26.

### CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., May 10 – June 21. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents. Class will not meet May 31.

### DANCE FOR HEALTH

A 6-week class, Thursdays, 9:30 to 10:30 a.m.; April 20 – May 25, taught by Rima Faber. Low-impact aerobics, stretching and strengthening to music, fostering oxygenation of the brain, and promoting better balance. The class will incorporate some elements of ballet and healthy movement practices for alignment, range of movement, and moving with ease. Minimum of 10. \$65 for residents; \$70 for nonresidents.

### DC TAI CHI

A 6-week class, Mondays, 9:15 to 10:15 a.m., April 24 – June 5. Taught by internationally recognized Master Nick Gracenin. Will introduce the essentials of traditional Tai Chi and Qigong and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$65 for residents; \$70 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for more information. Class will not meet May 29.

### MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., May 9 – June 13. Pilates movements tone the body from "the inside out" bringing about core



strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

### **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50 p.m., April 10 – May 22. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$65 for residents; \$70 for nonresidents. Class will not meet May 15.

### **YOGA**

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., April 23 – June 18. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for 2 hours before class. \$108 for residents; \$116 for nonresidents. Class will not meet May 28.

### **ONGOING GROUPS**

#### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

#### **CAREGIVERS SUPPORT GROUP**

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Facilitated by Judith Bernstein, a clinical social worker and certified advanced social work case manager. The group is for caregivers

only. A partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. Check the calendar for date and time. See page 4 for more details.

### **CHESS**

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

### **DROP-IN TAI CHI**

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

### **GREAT BOOKS GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at its new home and new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

### **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the

NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

### **TEA**

Hot beverages, cookies, pastries and fruit are served by Village volunteers every Tuesday from 3 to 4 p.m.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time. See page 2 for more details.

### **VILLAGE BRIDGE CLUB**

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

### **VILLAGE PLAY TIME**

Games, toys and play equipment will be set out at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver older than age 13.

### **VISION SUPPORT LUNCH AND LEARN**

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for details. See page 13 for details of this month's meeting.

### **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

# CONCERTS

Concerts are held every Wednesday from 7:30 to 8:30 p.m. in Huntley Hall  
in the Friendship Heights Village Center.

**Wednesday, April 5—Kokopelli** — Kokopelli recorder ensemble features six musicians playing recorders of all sizes, from sopranino recorder to the contra bass. They will perform Medieval, Renaissance and contemporary music.

**Wednesday, April 12 — Guity Adjoodani and Friends**— Pianist Guity Adjoodani is joined by flautist Sharette Kern and percussionist Walter Jackson for a program featuring music by Saint-Saens, Poulenc, Caplet, Debussy, and Bizet.

**Wednesday, April 19 — Tales in the Village—Ellouise Schoettler**— Storyteller Ellouise Schoettler presents “Pushing Boundaries,” which recounts her experiences during the age of the Equal Rights Amendment.

**Wednesday, April 26 — Logan Circle** — This classical

trio presents the second in an ongoing series of tribute concerts to the late Hilda Seibel. The series is made possible through the generosity of Ms. Seibel’s family and friends.

## A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones
- Do not take food or drink into the auditorium
- Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

## Our Listings in the Friendship Heights Community

### FOR SALE

5610 Wisconsin Ave. #1102  
\$2,795,000: 2 BR + Den, 2.5 BA,  
Renovated, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #607  
\$2,499,000: 2 BR + Den, 2.5 BA,  
Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #407  
\$2,330,000: 2 BR + Den, 2.5 BA,  
2 Balconies; 2,856 SqFt

4301 Military Rd. NW. #202  
\$1,475,000: 2 BR, 2 BA,  
Private Terrace; 1,906 SqFt

### FOR RENT

5610 Wisconsin Ave. #1102  
\$6,500/mo: 2 BR, 2.5 BA, Renovated,  
Vista Views, Balcony; 2,503 SqFt

5600 Wisconsin Ave. #204  
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Balcony; 1,141 SqFt



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# TO YOUR HEALTH

## What is a hospitalist? Vision Support Group: Metro's Travel Training

Dr. Atul Rohatgi, Suburban Hospital hospitalist, will explain who hospitalists are and what they do at this month's Suburban lecture at the Village Center on **Wednesday, April 12, at 1 p.m.**

These inpatient doctors consult with physicians on the best plan of care for patients, treat them while in the hospital, and return them to the physician's care after hospitalization. Please call 301-656-2797 to let us know if you plan to attend.

Join guest speaker Brigid Doherty, MS, COMS, of the WMATA Office of Eligibility Certification and Outreach, who will discuss Metro's free program that enables seniors and people with disabilities to travel independently and safely on public transportation at the Vision Support Lunch and Learn at the Village Center on **Thursday, April 27, from 12:30 to 1:30 p.m.**

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington ([www.youreyes.com](http://www.youreyes.com)). You don't have to have poor sight to participate, but you do need to register in order to reserve a complimentary light lunch by calling 301-656-2797.

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## Café Muse presents...

This month's Café Muse, on **Monday, April 24**, will feature poets Nathan McClain and Noah Stetzer.

Nathan McClain is the author of a book of poems titled "Scale." His poems have recently appeared or are forthcoming in "Callaloo," "Ploughshares," "Iron Horse Literary Review," "Southwester," and "Southern Humanities Review."

Noah Stetzer is the author of the chapbook, "Because I Can See Needing a Knife." He has won both the 39th New Millennium Award for Poetry and the 2015 Christopher Hewitt Award for Poetry. Mr. Stetzer's work has been selected for publication by "Bellevue Literary Review,"

"Tinderbox," and "Nimrod" as well as other journals/websites. For more information find him online at [www.noahstetzer.com](http://www.noahstetzer.com).

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information, visit [www.wordworksdcc.com](http://www.wordworksdcc.com).

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## VILLAGE NEWS

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**April 2017 events calendar**